

Health & Views

FEBRUARY 2nd issue 2025

Curetted by Dr harold Gunatillake

****Yoghurt****



Although yoghurt can be a low-fat option, be cautious with creamier Greek-style yoghurt, which typically contains around 10% fat compared to less than 2% in the low-fat versions. If you're looking for a healthy snack, always check the nutrition information and opt for a low-fat and low-sugar yoghurt.

Typical nutritional content per 150g serving of plain whole milk Greek-style yoghurt:

- Fat: 15.3g
- Saturated fat: 10.2g
- Calories: 200 kcal

Is Greek yoghurt healthy for you?

The Worst Italian Dishes You Can Eat

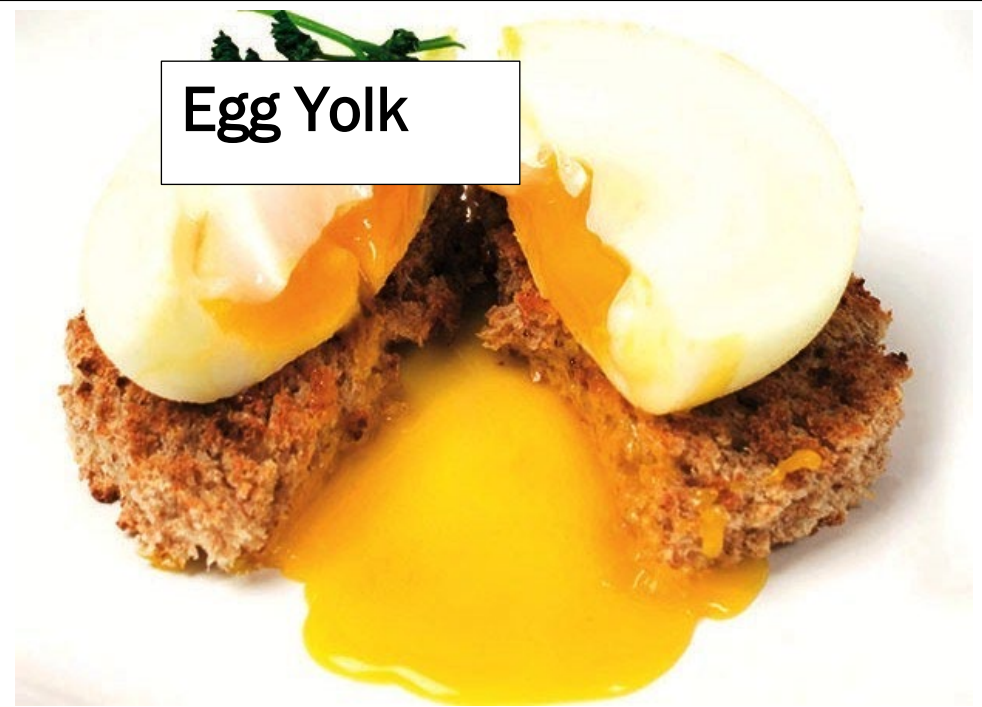
Italian food features vegetables, poultry, and fish -- but it also offers tons of carbs, cheese, and meat products.

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The Truth About Soda and Sugary Drinks

Some say drinks with cane sugar are better than ones with high-fructose corn syrup, or that only one can per day isn't that bad. See what's true and what's false.

[Watch Video](#)



An average egg yolk contains 5.6 grams of fat and is a source of cholesterol. This is why restricting eggs is often mistakenly linked to a heart-healthy diet. In contrast, an average egg white contains only 14 calories and no fat.

However, before you decide to make an egg-white omelette, it's important to recognize that egg yolks are rich in a variety of vitamins and minerals, including vitamins A, D, and E, as well as essential fats.

The cholesterol found in the foods we eat does not significantly raise cholesterol levels in our bodies. Therefore, for most people, there is no need to limit egg consumption as part of a balanced, healthy diet. If you enjoy eggs, it's best to eat them whole to take advantage of all the nutrients they offer. Just remember to use healthier cooking methods, such as poaching or boiling.

Typical nutritional content per egg yolk: 5.6 grams of fat, 1.6 grams of saturated fat, and 62 calories.

Stop Making These Frozen Food Mistakes

Just because your food is frozen doesn't always mean it's safe to eat. Is it raw? Pre-cooked? See the most common mistakes and how to avoid them.

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What Are Vitamins and Can They Help Your Health?

- [What Causes Hiccups and How To Get Rid of Them](#)

****Pizza****



Loaded with cheese, the fat content of this dish can become relatively high. Adding toppings like ham or pepperoni increases both the fat and salt levels. Instead, consider buying un-topped pizza bases and adding your toppings, such as chopped peppers, sweetcorn, and a little reduced-fat cheese, to lower the fat and calorie content.

If you prefer to buy a ready-made pizza, compare the nutritional information on the packaging to choose the healthiest option. For a more nutritious meal, serve it with a large side salad instead of chips or garlic bread.

The typical nutritional content for a 7-inch cheese and tomato deep-pan pizza is 22.5g of fat, 9.4g of saturated fat, and 625 calories.

5 Ways to Keep Your Lungs Healthy and Strong

What Are Vitamins and Can They Help Your Health?

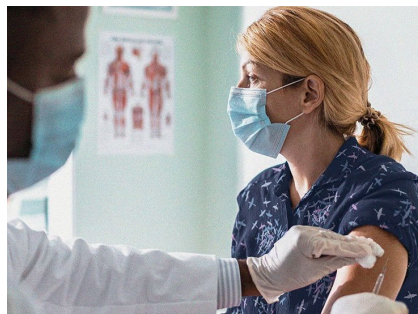


6 ways to make the perfect poached egg

We asked our readers to share tips for the perfect poached egg, and we received some excellent responses. Here are the best suggestions:



1. ****Crack eggs into a dish first****
2. Audrey Bennett from Blackpool advises: "Bring a pan of water to a boil. Crack your eggs into a small dish or saucer, then slide the eggs into the boiling water. Turn off the heat and cover the pan. Let them cook in the hot water for 3 minutes, then remove with a slotted spoon. Perfect!"
3. ****Use vinegar****
4. Barbara Coulter from Ipswich writes: "I could never cook a good poached egg until I added a few drops of vinegar to the water. Now they come out perfect!"
5. ****Consider a poach pod****
6. Many people manage to cook poached eggs without special equipment, but if you're struggling, Geoff Baker recommends getting a poach pod. He says: "To cook the perfect poached egg, buy a poach pod (about £2 from most good kitchen shops). Place the egg in the pod and boil it for 5 minutes. Perfect!"
7. ****Or just use cling film****
8. Beryl Thomas from Flintshire and Bob Southall from Wolverhampton both suggest using cling film to shape your eggs. Always use fresh eggs, and make sure they are not straight from the fridge. Beryl writes: "Get a piece of cling film about 9 inches square, place it over a mug, and push it into the mug's shape. Crack the egg into the cling film in the mug and seal it by twisting the top. Bring a pan of water to a boil, place the eggs in the pan, and cook on medium heat for 4.5 to 5.5 minutes. Remove the eggs from the pan and undo the cling film—bingo, perfect poached eggs!"
9. Bob's method is similar but slightly more elaborate:
10. 1. Tear off about 18 inches of cling film.
11. 2. Push the cling film into a cup to form a liner.
12. 3. Crack the egg into the cup.
13. 4. Gather the cling film together and tie it off.
14. 5. Place it in boiling water until cooked.
15. 6. Remove and enjoy—no mess and minimal cleanup!



MNT RESOURCE

Multiple sclerosis and the flu: Risk factors and more

People with multiple sclerosis (MS) need to take precautions to avoid getting the flu, as this illness can cause MS symptoms to flare or relapse.

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Mackerel



An average portion of grilled mackerel (160g) contains 452 kcal and 35.8g of fat, including 8.2g of saturated fat. However, this should not deter you from including oily fish in your diet, as consuming at least one portion of oily fish each week is recommended. Oily fish are rich in omega-3 fatty acids essential for proper bodily functions.

Omega-3 fats provide various health benefits, including preventing coronary heart disease. While white fish contains some omega-3, it is found in much lower amounts than oily fish. Salmon, mackerel, herring, and sardines are all classified as oily fish, so aim to include at least one portion of these in your meals each week.

Typical nutritional content per average portion of grilled mackerel:

- Fat: 35.8g
- Saturated Fat: 8.2g
- Calories: 452 kcal



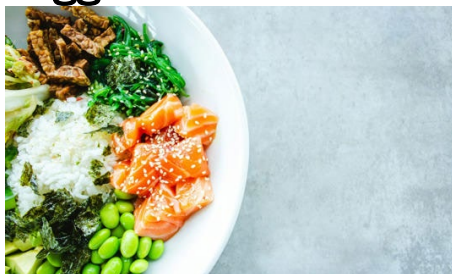
The Benefits of Mushrooms

Got mushrooms? Learn why these flavorful, nutritious foods deserve some space on your plate. And know which ones to avoid.

[Flavorful fungi](#)

Expert Advice for Living Your Best Life

Is it better to eat veggies before Rice



Consuming vegetables before the main course stimulates digestive activity, allowing the body to absorb nutrients more effectively. Because vegetables are high in fibre and have a soft texture, this process is gentle on the digestive system. In contrast, starting with rice and meat requires the stomach lining to release more gastric juices to break down these denser, drier foods, which can potentially cause stomach discomfort or pain.

How Fermented Foods Can Boost Your Health

Fermented foods aren't just tasty. By boosting good bacteria in your gut, they can have healthy effects that ripple throughout your body.

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How Exercise Can Boost Your Brain Power

Everyone knows that exercise is good for both our physical and mental health. What is less known is the benefits exercise can have on boosting our brain power. A new study has found that exercise can significantly improve cognitive function. Researchers invited 77 competitive gamers who previously did no exercise to take part in a four-month exercise program. Under the guidance of a trainer, the participants trained for up to 150 minutes a week. Researchers found that participants' cognitive function improved by up to 10%. "We found that exercise in this really specialist population had a meaningful impact on people's cognitive function – broadly, a 10% increase," Professor Brendon Stubbs. The improvement was even seen in their gaming. With their national ranking increasing on average by 50% and international ranking going up by as much as 75%.

What is type 3 diabetes?

Written by Peter Morales-Brown on November 1, 2024

Some people use the term “type 3 diabetes” to describe Alzheimer’s disease. However, major official health organizations do not accept this term.

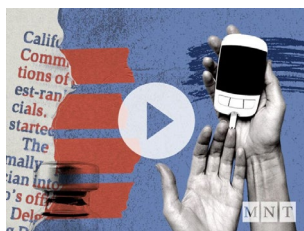
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[Why You're Sensitive to Aspirin](#)



[Heart Health](#)

Inside the pharmacy: Type 2 diabetes and blood sugar



Written by MNT Editorial Team on

Pharmacist Audrey Amos answers some common questions about type 2 diabetes. Today, why and how should you get your blood sugar levels checked.

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TODAY'S TOP STORY

4 Ways to Stop an AFib Episode

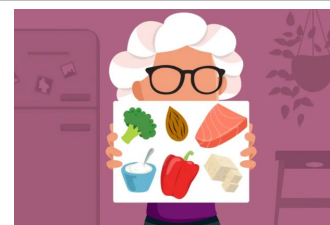
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Vitamin D Supplements Lower Blood Pressure in Older Adults with Obesity, Study Finds



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[Improving Bone Health Through Diet](#)



[What Does Vitamin D Do?](#)

If You Have High Cholesterol, Limit These 7 Foods

New Research: Taking This Heart Medication Could Cut Alzheimer's Risk By 29 Percent

Extracts from the VACD Australia & Sri Lanka Match 2025 Newsletter

Teardrop Hotels Group donate school



VACD/Teardrop centre in Ambagasdowa celebrates Sri Lanka's Independence Day on 4th February:



Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia – <https://www.vacd.org.au/>

Member of the Advisory Board – VACD Sri Lanka

Member of the Advisory Board – Two Leaves Foundation Sri Lanka

Senior Associate – Cognoscenti Group – Sydney – Australia- <http://www.cognoscenti.global/>

Member of Investment Committee - Arrive Wealth Management - Brisbane – Australia –

<https://www.arrivewealthmanagement.com.au/>

Australian Dollar Donations via Direct Bank Transfers:

Name of Account: Volunteers to Assist Children with Disabilities Limited

Bank: Commonwealth Bank of Australia, Liverpool & Castlereagh Streets Branch, Cnr of Liverpool & Castlereagh Streets, Sydney NSW 2000 Australia

Account No: 1130 2156 **BSB:** 062-016 **BIC/SWIFT Code:** CTBAU2S

Sri Lanka Rupee Donations via Direct Bank Transfers:

Name of Account: Volunteers to Assist Children with Disabilities Private Limited

Bank: Seylan Bank, 240, Badulla Road, Bandarawela, Sri Lanka

Account Number: 046035439722001

Note: Please send an email to: fstephen@bigpond.net.au ensuring that your name and email address are mentioned when making direct bank transfers. Thank you

International Multicurrency Donations:

International donors who wish to support our mission can do so through the Benevity Causes portal via the hyperlink below for all your multi-currency donation options:

<https://mygoodness.benevity.org/community/search?query=vacd&country=036>